

## Owyhee County 4-H Food Science Level 1 – The Secrets of Baking Checklist

Member's Name: \_\_\_\_\_ 4-H Club: \_\_\_\_\_

Current Year: 20 \_\_\_\_ Number of years in Project \_\_\_\_\_ Age (as of January 1): \_\_\_\_\_

Age Division (circle one): Junior (8-10) Intermediate (11-13) Senior (14-18)

Project Description: Explore chemistry, biology, and physics through baking. Youth will use the Food Science Journal to document their experiments. The Secrets of Baking is intended for youth in grads 6-9, but may be adapted for younger, or older, learners.

Food Science Level 1 must be completed before beginning Level 2, etc. or the member must seek club leader and/or 4-H Professional approval to advance a level.

See "Idaho 4-H Project Requirements Handbook" for more information about state requirements for this project. Submit this checklist annually with your project record book. This page will be new each year.

√	Requirement	Details	Date Completed	Leader Initials
	Enroll in 4-H and pay necessary dues.	Enroll at <a href="https://4h.zsuite.org/">https://4h.zsuite.org/</a> & pay enrollment fee to your 4-H leader before March 1.		
	Attend six or more club/project meetings.	Each member must attend six or more meetings to be eligible to participate in Fair.		
	Complete a community service project.	The project must be completed in Owyhee County.		
	Complete annual ethics training.	Each member must complete an ethics activity each year.		
	Give an oral presentation related to this project area.	Must be completed at a <input type="checkbox"/> Club or <input type="checkbox"/> County level. Topic: _____		
	Complete an Involvement Report.	Submit via ZSuite before Fair.		
	Complete a Non-Animal Record Book.	Submit via ZSuite before Fair.		
	Submit Fair entries.	Entries are open June 15-July 15. Entries are required to exhibit at Fair. Late entries will not be accepted.		
	Complete this Checklist and submit to your leader before Fair.	Must be signed by member, parent, and leader to be considered complete.		
	Complete activities.	Complete the three activities in the journal: Flour's Secret Ingredient (pg. 3), Baking the Best Bread (pg. 18), and Batters that Matter (pg. 29).		
	Complete Be a Food Scientist exercises.	Complete the three Be a Food Scientist exercises on pages 13, 27, & 38.		

I agree that the above requirements have been satisfactorily completed:

Member Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Leader Name \_\_\_\_\_

Leader Signature \_\_\_\_\_ Date \_\_\_\_\_